

Tossed Salad²⁵

Number of Servings: 25 (95.25 g per serving)

Amount	Measure	Ingredient
30.00	oz	Lettuce, romaine, fresh, leaf
30.00	oz	Lettuce, iceberg, fresh, chpd
12.00	oz	Carrots, fresh, grated
12.00	oz	Cabbage, red, fresh, shredded

Nutrients per serving

Nutrition Facts	
Serving Size (95g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 60%	Vitamin C 15%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Shredded/Chopped lettuce ~ 6-8 c/#

Cabbage, shredded ~ 4 c/# slightly packed

Carrots, shredded, ~4 c/#

Wash hands and wear gloves to prepare:

Wash greens thoroughly and drain. Tear into bite-sized pieces.

Add salad ingredients to greens. Toss lightly. Portion into salad bowls or plate ~ 1 cup/serv - 1 veg serving.

1 serving = 4 gram carbohydrate (0 CS)

Serve with amount and type of salad dressing listed on the menu

* Cucumbers, radishes, sliced zucchini and tomatoes may be substituted for cabbage &/or carrots when in season